

Waxaan maqlaa codad hadana cidna meesha ma joogto

Waxaan rumeysa nahay
in aan leeyahay
awoodo khaas
ah ama quwad

Waxaan u malaynaa in
la i raacsado ama
la i daawanayo

Waxaan ahaadaa
maalmo dhan hurdo la'aan
laakiin waxaan da reemaa fir-fircooni buuxda

Waxaan ka arkaa
fariimo qarsan
oo aniga la iisoo diray Teleefiishanka,
raadiyaha iyo internetka

Waxaan u malaynaa in
shirqool la ii maleegayo

Waxaan ka wel-welsanahay in ay wax khaldanyihiiin? oggoow waxa dhacaaya



www.dshs.wa.gov/GetHelpEarly



Washington
Recovery Help Line

24-Hour Help for Substance Abuse, Problem Gambling & Mental Health

1.866.789.1511

(206)461.3239 (TTY)

DSHS 24-501 SM (9/15) Somali